

Just thinking.... The Lord's Supper

By Bob Young

Some Sundays, the comments made before the Lord's Supper have little or no connection to the Supper. The richness of Scripture – Old Testament prophecies, Jesus' own words, New Testament teachings – is overlooked in favor of contemporary and personal stories. May I suggest some Bible themes that never grow old!

I share six examples with brief explanations. Each of these themes can be expanded in numerous ways.

Do this in remembrance of me...

When we participate in the Lord's Supper, we remember that Jesus died on the cross for our sins. The bread represents his body broken for us. The cup represents his blood shed on the cross for our sins. In the Supper, we remember.

This is my body; this is my blood...

Since Jesus was physically present in a body through which his blood was flowing, these statements must be figurative not literal. The words many of us have heard are accurate: symbol, emblem, represent, memorial. When we eat the bread and drink the cup, we do not partake of his literal body and blood. We participate, being reminded that as we are in him, so his also is in us. We share reminders of what he did for us.

Examine yourself...

Paul taught Christians to engage in self-examination before partaking of the Lord's Supper. The Lord's Supper is a time of reflecting on what Jesus did for us. Self-examination is a time of looking inward, being honest, confessing, humbling self, being grateful, preparing my heart to partake of the Supper.

All are invited....

Jesus included Judas in the supper. All stand on equal footing at the foot of the cross. We are the body of Christ, even in times of weakness. All are invited, all come, all share – even the worst, even me. In the Supper, we admit that our Christian lives are not always stellar.

Break bread together...

Jesus gathered his disciples, broke bread, and shared wine, as he prepared them for his death. The early church broke bread together every Sunday (Acts 20:7), remembering Jesus' death and resurrection (1 Cor. 11:23-26). Christians today declare the same faith when we break bread together, and share the cup. We are in Him; He is in us.

Declare his death, anticipate his coming....

The early church not only remembered Jesus' death on the cross, they also declared faith in his return, declaring his death "until he comes."